

School Breakfast Program

Program Description: The School Breakfast Program (SBP) provides school children nutritious morning meals at a minimal or no cost to the child. Every school who provides a breakfast to a hungry student will supply a meal that meets one fourth of the Recommended Dietary Intakes (RDI). Sponsors that choose to take part in this program get cash subsidies and donated commodities from the United States Department of Agriculture (USDA) to assist in creating the breakfast meals. Schools receive reimbursement for the meals they serve to each student and the amount of reimbursement will depend on the eligibility of the child. However, all children can participate in the breakfast program and benefit from a nutritious breakfast meal. To find more information about the school breakfast program, visit:

www.fns.usda.gov/cnd/breakfast/

www.frac.org/html/federal_food_programs/programs/sbp.html

www.nutritionexplorations.org/sfs/programs-expanding.asp

www.childrenshungeralliance.org/TMC/breakfast.html

Sponsoring a School Breakfast Program: Any public schools, private non-profit schools, residential childcare institutions, juvenile correctional institutions and boarding schools that participate in the National School Lunch Program (NSLP) may sponsor the SBP.

How to Apply: <http://www.ade.az.gov/health-safety/cnp/nslp/Operating/HowtoApply.asp>

Nutritional Requirements: The School Breakfast Program must follow the Dietary Guidelines for Americans that recommend no more than 30% of an individual's calories are from fat and 10% from saturated fat. Additionally, meals must provide 1/4 of the Recommended Dietary Intake for protein, calcium, iron, Vitamin A, Vitamin C and calories.

Severe Need Breakfast Program: The Severe Need Breakfast Program is the same as the SBP except that it provides a higher rate of reimbursement for the breakfast meals served because of high free and reduced rates.

***Do I qualify for the Severe Need Breakfast Program?** A school site must serve forty percent or more free and reduced-price lunches in the second preceding year. The forty percent criteria are computed on a school-by-school basis and not on district totals. Sponsors eligibility will be determined during the application renewal process.

Alternative Breakfast Programs:

Breakfast in the Classroom: Breakfast in the Classroom is an alternative breakfast program to the traditional cafeteria setting. Breakfast meals are served to the students in their classrooms and are consumed before class time begins. Typically most schools serve the breakfast during morning announcements or while the teacher is taking attendance. Rosters are provided to each classroom of the students names and a teacher

or aid checks off the students name to indicate if they ate breakfast that day. Special trash cans can be provided to each classroom designated for the breakfast trash and picked up by a school custodian later that morning. Some benefits behind breakfast in the classroom include every student is provided a breakfast meal which can help decrease behavioral problems, increase attention span and decrease visits to the nurses office for upset stomachs. To find more information on breakfast in the classroom, visit:

www.breakfastfirst.org/Bfastinclass.htm

www.nutritionexplorations.org/sfs/programs-expanding.asp

www.uwex.edu/ces/flp/food/schoolbreakfast/files/formula_logan.pdf

www.nutritionexplorations.org/pdf/sfs/MarylandMeals.pdf

Grab N Go Breakfast: The Grab N Go Breakfast is convenient for the student and for the school cafeteria. The meals typically take less time to make than a traditional hot breakfast and students don't have to wait in long lines to get their meal. The breakfast usually consists of cold items that can be placed in a bag for students to pick up on the way to their first class. The meal can be eaten during their first class or during a morning break. This type of breakfast program works well in secondary schools.

To find more information on grab n go, visit:

www.schoolnutrition.org/Index.aspx?id=801

www.nutritionexplorations.org/sfs/expanding-studyresults.asp

Breakfast After 1st Period: Breakfast is served following the first instructional period and provides a nutrition break for students mid morning. The intent is to offer a healthy meal that will offer more of a choice than what is offered in the school vending machine. Additionally, purchasing breakfast to eat after first period encourages students to make breakfast part of their daily healthy routine. To find out more information on breakfast after 1st period, visit:

www.fns.usda.gov/cnd/breakfast/toolkit/theres.pdf

www.nutritionexplorations.org/pdf/sfs/sfs.pdf

www.schoolnutrition.org/Index.aspx?id=928

www.newenglanddairyCouncil.org/foodservice/expanding-breakfast.html

Breakfast on the Bus: For students who have a long bus ride on the way to school, breakfast on the bus is a great way for them to get a healthy breakfast meal while they are traveling to school. Breakfast on the bus meals are similar to those packaged for a grab n go type of program, but the students grab their bagged meal as they step onto the bus. A roster is provided to the bus driver and that person checks off the student once they take a meal. For more information on breakfast on the bus, visit:

www.fns.usda.gov/cnd/breakfast/toolkit/theres.pdf

www.fns.usda.gov/cnd/Breakfast/toolkit/R27.pdf

National School Breakfast Week: National School Breakfast Week, held in March, celebrates the nutritious breakfast served to children in the U.S. throughout the school year. For more information on this year's School Breakfast Week including USDA themes, logos, and toolkits, go to www.schoolnutrition.org/nsbw/.